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Kinmount 705-488-3077

Diving accident claims life

by ANGELICA INGRAM

Times Staff

What's being described as a "freak accident" took the life of a 29-year-old man from Whitby on Monday, Sept. 5.

Ryan Tyms was diving off a cliff in the Raven Lake area, in Algonquin Highlands, when he struck a rock resulting in fatal injuries, according to a release issued by the Haliburton Highlands OPP.

He was pronounced dead at the scene, Constable Tim Negus told the Times.

Negus said alcohol was not a factor in the incident and that Tyms was familiar with the

"He was with one other person and there were several other people that came to his aid," said Negus. "It was just a freak accident.'

The OPP would like to remind people to make safety a priority whether at work or play.



Back to school

Five-year-old Addy Davidson gets a goodbye kiss from her mother Kayla of Minden at Archie Stouffer Elementary School on Tuesday, Sept. 6 in Minden. Addy, who will be in Grade 1, is one of hundreds of children who were attending their first day of school after the summer holidays. /DARREN LUM Staff

Trevor Brauer named Kinmount Citizen of the Year

by CHAD INGRAM

Times Staff

Kinmount's Citizen of the Year for 2016 is an individual who inspires those he comes into contact with and is a mentor for others with intellectual disabilities.

Trevor Brauer was given the annual hon-

our by the Kinmount and District Lions Club during a ceremony at the Kinmount Fair

Sept. 2. Among his many volunteer activities, Brauer, who's been a permanent resident of the community since 2005, cooks for various causes, most recently frying "canoe paddle" doughnuts at Kinmount Family Fun Day.

He's also volunteered as an assistant cook at the Minden Legion alongside Lee and Malcolm MacLean and is part of the team that manages the beer tent at the Minden Bluegrass Festival.

Brauer volunteers at spring and fall church dinners, the local snowmobile poker run and has helped build landscapes for the model

railway, where he's also been a greeter. He also assists with the mailing and distribution of the Kinmount Gazette.

Brauer is a founding members of a selfadvocate group that mentors others with intellectual disabilities, helping them speak up

see BRAUER'S page 2

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Brauer's achievements set good example

from page 1

for themselves, take part in the decision-making that affects their lives and learn new skills.

"Trevor is an excellent example of what can be accomplished when given opportunities and support," Chris Weerdenburg of the Kinmount Lions said. "Trevor is very independent. Getting his driver's licence has been a dream come true."

Brauer, beaming at the honour, thanked community members for the recognition.

Kinmount and District Lions Club president Chris Weerdenburg presents the 2016 Kinmount Cltizen of the Year award to Trevor Brauer, an involved volunteer and mentor to others with intellectual disabilities.



Ontario Early Years Centres move to schools

by CHAD INGRAM
Times Staff

The Ontario Early Years Centres (OEYC) in Minden and Haliburton Village have relocated to the elementary schools in those communities.

The Minden OEYC, which has been located in the Sears building on Bobcaygeon Road for a number of years, has moved to Room 125B at Archie Stouffer Elementary School and the Haliburton centre, which has been located in the Halco Plaza, has moved to Room 211 at J.D. Hodgson Elementary School.

In addition, the Fenelon Falls OEYC is moving into the secondary school there.

"We moved into the classrooms very recently and are excited to be welcoming children and families to both these locations on Sept. 6," Pippa Stephenson, executive director for Ontario Early Years Centres (OEYC) of Haliburton-Victoria-Brock, wrote in an email to the paper. "We recognize there will be a period of transition but the staff at both schools are very supportive of the OEYC and we are looking forward to collaborating and engaging children, families and students together."

OEYCs provide early learning programs for children up to

six years old, as well as parenting services and programs.

According to Stephenson, the decision to move was based on a number of factors, including financial considerations.

"As is often the case, there wasn't one particular factor," she wrote. "The timing just worked. For well over a decade, the OEYC had been leasing the spaces in Minden and Haliburton. We had great landlords, however, the OEYC board of directors recognized that we would need to move for a number of reasons, including cost reduction, and had been considering alternate spaces in both communities (in addition to Fenelon Falls) for over 18 months. "Ideally it made sense to be in schools, for children, their families and the community. In early 2016, Trillium Lakelands District School Board (TLDSB) shared their pupil accommodation review in the community, which prompted conversations between (TLDSB director of education) Larry Hope and myself. As both TLDSB and OEYC are funded by the Ministry of Education, a partnership makes sense.

"The ministry has a vision of seamless transitions and integrated services for families with young children and has been promoting partnerships between OEYCs, childcare centres and school boards across the province. Here in Haliburton County, we anticipate unique and interesting enrichment opportunities that will be mutually beneficial to the OEYC participants as well as the TLSDB students."

Staff at the centres will remain the same.

"Only the location within each community changed," Stephenson wrote. "We have the same knowledgeable, friendly and supportive staff at each location. In Haliburton, we still have Brenda Duncan and Wendy Baux; in Minden, Julie Pearson and Jan Bronson. In addition, Bev Jackson will support programming in both locations."

In the spring, the province announced \$90 million in funding to help transform Ontario schools, many of which have additional space available due to declining student populations, into community hubs, bringing in various community services, including childcare.

While the OEYC transition does not benefit from that funding, "we are hopeful that in the future there may be community hub funding to help support transitions such as this one," Stephenson wrote.

The OEYC is leasing space from the school board.

The TLDSB is also pleased about the partnership.

"This is an ideal partnership for our schools," board chair Louise Clodd said in a release. "It will be a wonderful opportunity for young parents to become familiar with our schools prior to registering their children in kindergarten."

For more information about the OEYC and its programming, call 705-324-7900 or visit www.oeyc.ca.



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Getting reacquainted

Archie Stouffer Elementary School's Sue Ferren speaks with Grade 1 student Jason Danilko, who shows her on his fingers he is six years old, back to school for the first day of the year on Tuesday, Sept. 6 in Minden. There were hundreds of children returning to school after the summer holidays./ **DARREN LUM** Staff

Less time with enhanced support daycare workers

by CHAD INGRAM

Times Staff

Parents whose children require enhanced support workers at daycare facilities in Haliburton County may find their children receive less time time with those workers this fall.

Marg Cox is executive director of Point in Time, the local social services agency that co-ordinates the provision of enhanced workers at the Ontario Early Years Centre in Minden and Wee Care in Haliburton.

Cox said the change is not a result of a drop in funding for

enhanced support workers, but rather because of an increased demand for the services.

"We've had more requests for children who require additional supports," Cox told the paper. "Some people have had their support hours reduced. This year has been unusual."

Point in Time receives its funding through the City of Kawartha Lakes, which is the consolidated social services and housing manager for both the city and Haliburton County. That funding ultimately comes from the Ministry of Education, which determines allocations through an evidence-based funding formula.

"We've been very pleased with the level of support they've been able to provide us," Cox said.



Some people have had their support hours reduced.

— MARG COX, EXECUTIVE DIRECTOR OF POINT IN TIME



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INFORMATION PAGE www.mindenhills.ca

MEETINGS & EVENTS

PUBLIC WELCOME

September 29 9:00 am, Regular meeting of Council, Minden Council Chambers

For Council, Boards & Advisory Committee meetings, visit www.mindenhills.ca

NOTICE OF TAX SALE

TAKE NOTICE that the Township of Minden Hills is selling land by Public Tender. Deadline for submissions is **September 23, 2016** on or before 3:00 pm. Please visit

http://mindenhills.ca/tenders/ for more information or contact the Tax Collector at 705-286-1260 ext. 201.

NOTICE OF DOCK REMOVAL

Please be advised that as of September 21, 2016 the dilapidated dock directly across from the entrance at Deep Bay Road and Orde Street will be removed by the Municipality. Should you require any information please contact Colin McKnight, CBO/MLEO/Planning Supervisor at 705-286-1260 Ext. 210.

ter School

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PUBLIC INPUT REQUESTED FOR:

Renewal Options for the S.G Nesbitt Memorial Arena

Draft Master Parks and Trails Plan

Submission Deadline is **October 11th**. Comments or inquiries for either of these projects or surveys, contact Mark Coleman, Director of Community Services, at mcoleman@mindenhills.ca, or 705-286-1936 ext. 201.

Age-Friendly Master Plan

Submission Deadline is **September 16th**. For more information about this project or survey, contact Angela Andrews at 705-457-1391 or Kate Hall at kvhall06@gmail.com.

These surveys can be accessed by visiting www.mindenhills.ca.

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the Council of the Corporation of the Township of Minden Hills proposes to consider by-laws to stop up, close, and convey those parcels of land more particularly described as follows:

File No. SRA-15-07:

Part of the original shore road allowance along the shore of Gull River, lying in front of Lot 29, Concession 1, Geographic Township of Minden, designated as Part 2, on a Plan of Survey 19R-9882, registered July 5, 2016.

File No. PLSRA2015050:

Part of the original shore road allowance along the shore of Mountain Lake, lying in front of Lot 3, Concession 6, Geographic Township of Minden, designated as Part 1, on a Plan of Survey 19R-9881, registered June 30, 2016.

3. File No. PLSRA2016001:

Part of the original shore road allowance along the shore of South Beaver Lake, lying in front of Lot 21, Concession 3, Geographic Township of Lutterworth, designated as Part 1, on a Plan of Survey 19R-9880, registered June 28, 2016.

File No. PLSRA2016002:

Part of the original shore road allowance along the shore of Horseshoe Lake lying in front of Part Lot 12, Concession 5, Geographic Township of Minden, designated as Part 1, on Plan of Survey 19R-9890, registered on July 26, 2016.

The above noted plans of surveys are available for inspection in the Building and Planning Department located at 7 Milne Street, Minden, Ontario during regular office hours.

AND FURTHER TAKE NOTICE that the proposed By-Laws will come before the said Council for consideration at its regular meeting to be held in the Municipal Council Chambers at 7 Milne Street, Minden, Ontario, on Thursday, September 8, 2016 at the hour of 9:00 a.m. At that time, Council will hear in person or by their counsel, solicitor, or agent, any person who claims that their land will be prejudicially affected and who applies to be heard. If deemed advisable, the proposed By-laws will be passed at its regular meeting to be held on Thursday, September 29, 2016.

DATED AT THE Township of Minden Hills, this September 1, 2016

Lights on for shipping containers

by CHAD INGRAM

Times Staff

Shipping containers used as storage buildings in Algonquin Highlands will be allowed to be outfitted with electricity.

Algonquin Highlands councillors had the latest in a series of conversations about the creation of the township's shipping container bylaw during a Sept. 1 meeting.

Council began work on a bylaw earlier this year, after the township's building department received notice of multiple instances of shipping containers being used as storage buildings.

More than a dozen residents attended an Aug. 20 public meeting at the Dorset Recreation Centre on the creation of the bylaw, with some business owners expressing concern about regulating the bins that a number of them already use as storage buildings.

The draft bylaw would allow shipping containers, as well as the bodies of tractor trailers or straight truck boxes, to be used as storage buildings in the following zones: rural (RU), highway commercial (C1), general comgeneral industrial (M1), extractive industrial - pits (M2), extractive industrial - pits and quarries (M2A) and waste disposal industrial

The bylaw would limit the number of containers per property to two, except in cases of waste disposal areas and commercial selfstorage facilities. The draft bylaw had also stipulated that shipping containers not be outfitted with electricity, however, Councillor Brian Lynch took issue with that, suggesting residents should be able to run power to the structures. Lynch said any electrical work would have to be done within code, so didn't see why the township would be prohibitive.

Reeve Carol Moffatt said that regulation had been included at the suggestion of fire chief Mike Cavanagh and Cavanagh told councillors it was about reducing ignition sources in storage areas.

"So long as it was done under a permit and installed correctly, we probably wouldn't have an issue with it," Cavanagh said.

While the idea made Deputy-reeve Liz Danielsen uncomfortable, it was supported by councillors Lisa Barry and Marlene

mercial (C2), recreational commercial (R3), Kyle, giving it backing from the majority of council.

> At the Aug. 20 public meeting, it was suggested that shipping containers – engineered to be stacked and able to withhold thousands upon thousands of pounds of pressure should not be grouped with truck boxes and tractor trailer bodies.

> "I don't think shipping containers and truck bodies are the same thing, whatsoever," Moffatt said.

> Councillors had a lengthy and circular conversation about differentiating between shipping containers and truck bodies in the bylaw, but ultimately decided that was getting overly complicated.

> Containers larger than 10 square metres will also require engineering reports, a costly aspect that some residents at the public meeting said was unnecessary because of the structural integrity of the containers.

> Moffatt said the township's concern was ultimately safety.

"A lot of people are saying . . . rightly . . that shipping containers are a poor man's garage," she said. "Our job is to find the best course of action overall for the entire

township."

The reeve admitted that some of the requirements in the bylaw could end up being

"By the time you've done everything, you might as well have built a shed, and that's the conundrum," Moffatt said.

Barry wondered why the township couldn't adopt an engineering standard that containers had to adhere to, rather than making individual property owners pay for engineering

"We could not possibly assume that responsibility or the liability attached to that responsibility," Moffatt said.

Chief administrative officer Angie Bird said that shipping containers are not addressed in the Ontario Building Code and until such time they are, the township needs to ensure some kind of structural standard is being met.

A revised version of the draft bylaw will come back to the council table.

mindentimes.ca

Minden student wins Loyalist College award

Niklas Merrill Barry of Minden was presented with the W. Garfield Weston Foundation Fellowship during his graduation from the manufacturing engineering technician program at Loyalist College this past

Barry was presented with the award at his convocation by Loyalist board of governor David Allen.

"The fellowship was introduced at the college in 2013 by the W. Garfield Weston Foundation to help participants complete their skilled trades education with significant tuition and bursary incentives," wrote Loyalist College multimedia marketing technician Ben Quaiff in an email to the *Times*.

"It began as a three-year pilot project with a \$240,000 commitment to provide financial support to 60 skilled trades students."

According to Quaiff, the foundation had success in encouraging students to complete skilled trades training and therefore extended funding to provide financial support for more than 140 students entering skilled trades programs.

"During the course of their studies, recipients who maintain a specified minimum average, engage in mentorship activities and assist in the advancement of skilled trades may receive up to \$4,000 in bursaries from the foundation and tuition credit from the college," wrote Quaiff.



presented with the W. Garfield Weston

Niklas Merrill Barry of Minden was Foundation Fellowship by David Allen during his graduation from the program at Loyalist College this past June. PHOTO SUBMITTED



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InOtherWords

Columns and Letters to the Editor



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Canadian Patrimoine Heritage canadien

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Long line of cars

LONG LINE OF CARS made its way down Highway 35 on Monday, to 48 and the 400, to the GTA and areas beyond.

Some vehicles were topped with roof racks, others had boats in tow.

It was a sunny, warm weekend in the Haliburton Highlands, as summery as any this season, but on its lakes, annual rituals were unfolding, rituals typically tinged with a degree

tinged with a degree of melancholy.

Lawn furniture put into storage. Docks taken in. Boats taken out

Labour Day marks the unofficial end of summer and for many of the area's seasonal families,

with the kids heading back to school and regular routine kicking back in, the last cottage weekend of the year.

Some will return for weekends here and there. Others will come back for Thanksgiving.

In some cases, dear old dad, that poor schmuck, will make the last pilgrimage alone to take out the water line and lock things up for the winter.

While the county continues its efforts to elongate the busy time, to bring in visitors during the shoulder seasons of spring and fall, the Haliburton Highlands is still undeniably a summer spot. It's at its best during the summertime, its natural beauty on full display, its communities alive with a buzz they don't see throughout the rest of the year.

As I write this, on the first day back to school, the first day of fall, some would call it, the community is already markedly different, slowed back down to its post-summer pace.

The summer of 2016 was a booming one. Perhaps enticed

by the warm, dry
weather, "weekend"
traffic was evident as
early as Wednesday
most weeks. The peak
of the season – second
half of July, first
half of August – saw
Minden and Haliburton
villages crammed with
cars on a daily basis,

long lineups at gas stations and grocery stores.

A number of business owners have said they had one of the busiest seasons in recent years, others their busiest season ever.

And it's still that season – the time between Victoria Day and Labour Day weekends, the cottage season – that is of paramount importance for so many local businesses.

The Haliburton Highlands could not, would not, exist without its seasonal residents, who continue to be its economic engine.



New shotgun savvy

STEVE GALEA

Beyond 35

OW THAT HUNTING SEASON has arrived in many parts of the province, a lot of hunters will either be slowly introducing the new shotgun they bought during summer to their spouses or at least putting forth the idea of buying one for themselves as an early Christmas gift.

Either way, most spouses will respond in a highly irrational way. Some even go off the deep end and suggest the money could have been better spent on a new roof, new brakes for the car, the kids' education fund or perhaps to pay the rent or mortgage. But

that is only because, like most people who don't hunt, they have skewed priorities.

Lucky for you, I know how to handle this situation. Years of introducing new shotguns to the family have taught me a few things that might be helpful.

First, do so from a distance while eyeing a viable escape route.

After that, the main thing you need to do is let your spouse know that this isn't a selfish gesture. Make the case that a shotgun is a sound investment. (Full disclosure: it doesn't hurt to keep the trigger lock on the gun as you introduce this concept.)

Tell your spouse gun prices have steadily increased ever since that first musket was snuck into the house. This would be a good time to introduce her to that, as well.

Tell your spouse a shotgun that was worth \$799 in summer is now worth as much as \$999, if you don't shop around too much. And remind her that next year, providing you don't use the shotgun and keep it hermetically sealed in the original packaging, it might be worth even more.

Of course this doesn't really matter because most hunters don't have the heart to sell a shotgun they spent hours conspiring to buy. Nor do they possess the ability not to take it out for a whirl.

Most spouses get this. That's why you need to finally reveal the true dividend: the happiness it brings.

A new shotgun does so many things for the hunter. Mostly it provides the opportunity to employ some of the best excuses of all time, such as: "Sure I missed, but I just bought the gun and I'm still getting used

to it."

And, if pushed further by an unfeeling person, you might even resort to, "I still haven't got the stock cut so it doesn't quite fit me just right."

These two sentences do more for the hunter's self worth than perhaps any phrase he or she utters, with the exception of, "I can't believe you missed that duck with all three shots."

Any spouse who dismisses

this as unimportant simply does not know the heart of a hunter. They are likely to be the ones who belabour the issue by saying some uncaring thing like, "How many shotguns does a person need?" or, "I can't remember the last time you brought home game."

This last sentence is particularly hurtful and the sign that your spouse plans on doing even crueler things in the future such as inviting you to a Jack and Jill baby shower or getting consistently higher scores than you and your hunting buddies during an informal clay pigeon shoot.

By the way, your only reply to that is "I still haven't got the stock cut so it doesn't quite fit me just right."



CHAD INGRAM
Reporter

INOTHERWORDS

Columns and Letters to the Editor

Thoughts for food

▼ UMMER, ITS DAYS FADING QUICKLY, HAS BEEN GENEROUS and kind this year. Sunshine aplenty, but without the scorching heat predicted to become a regular feature of climate change.

slightly less summer rain. Our Gardens have done well, despite vegetable patch is the best in several years. I've never seen apple trees in the region with so much fruit. A couple of trees I pass regularly have branches broken by the weight of the fruit.

Late summer is a time of year when there seems to be enough fresh food to feed the entire world, and then some. Unfortunately, that is far from true. The World Resources Institute estimates that by 2050 the world will need 70 per cent more food than is produced today to feed an estimated population of 9.6 billion people, 2.2 billion more than now.

Simply producing more is not a solution. Creating pasture land for grazing animals is eliminating millions of hectares of forests, which is dangerous to world survival. There is only so much land on earth and we already are seeing the dangers of messing with it.

There has been talk, accompanied by some alarm, about world food shortages eventually forcing us to farm insects for food.

One answer to food shortages is to slow population growth. That is happening but not fast enough. World population is expected to grow by only 50 per

cent in this century, compared with an incredible 400 per cent in the last. Still, that's hundreds of millions of more mouths to feed over the coming years.

One positive approach to a food crisis is lifestyle change. Our society consumes and wastes too much of everything, including food. We waste one-third of the food we produce: 1.6 billion tonnes a year, valued at \$1 trillion. Those figures come from the United Nations' Food and Agriculture Organization.

An accompanying problem is that food waste gets tossed into landfills where it produces methane emissions. These add to the world's greenhouse gas and



From Shaman's Rock

climate change problems.

No one deliberately sets out to waste food. It happens. Suppliers and growers guess wrong on what will be needed. It happens to consumers as well. We've all planned a dinner or a party and ended up throwing out food for a variety of reasons.

Then there are the psychological traps that trick us into buying too much. Sellers want us to buy more and try to entice us with promotions, incentives and special offers that get us to buy things we might not need. One example is the quantity discount where you buy two items and get a third for free. In many cases you don't need the third, but can't pass up the deal.

An avoidable factor in food waste is our expectations. We have been lured into the mindset of wanting fruits, veggies and other foodstuffs that will win beauty contests. We have no use for the marred or the malformed. Bruised apples or blackening bananas are ugly ducklings that don't get taken home.

Fortunately there are a growing number of initiatives aimed at reducing food waste. Denmark, for instance, has become a world leader with numerous initiatives that have reduced its food waste by 25 per cent in the last five

A food waste supermarket in Copenhagen has been so successful that a second is scheduled to open next year. It sells food that regular supermarkets plan to discard because of overdue "best before" dates, damaged packaging or incorrect labelling.

You can read more about Denmark's campaign against food waste at: https://www.theguardian.com/environment/2016/jul/13/ how-did-denmark-become-a-leader-in-the-food-waste-revolution.

In San Francisco, a subscription service named Imperfect Produce buys "wonky" produce from farms that will discard it because it does not conform to industry standards of perfection. It delivers boxes of it at reduced prices.

Here at home, Loblaws has launched the Naturally Imperfect program sellng ugly duckling produce at cheaper prices.

These initiatives are doing more than working against food waste, or providing food at lower cost. Most importantly they are helping to change attitudes about things that appear less than perfect, and about what we really

As Mahatma Gandhi once said: "The world has enough for everyone's need, but not enough for everyone's greed."

> Email: shaman@vianet.ca Profile: http://www.amazon.com/-/e/B001K8FY3Y



Rock bass tournament nets 124 invasive fish

To the Editor,

The annual Gull Lake Rock Bass Derby was held on Saturday, Aug. 13, 2016. To start, we'd like to give many thanks to Russ and Dottie Wunker at Miners Bay Lodge for hosting this event for the third consecutive year. Initial concerns of a poor turn out due to the much needed rain had dissipated as the sun came out and the rain abated just long enough for us to have this wonderful family event. Over 20 children and an equal number of parents came to participate in the event. By the end of it all, the 124 rock bass caught in total weighed in at 36 1/4 pounds. As you are aware, rock bass are invasive species that exceedingly affect the natural fish in our lake. This event began in hopes of contributing towards solving that issue.

The first place winner as an individual was a Kennedy who had caught nine and a half pounds of rock bass. In second place was a member of the Gow family who weighed in at four pounds. Coming in as a close third was a member of the Walzak family, weighing in at three and three quarter pounds.

The first place winner as a team was the the Hislop and Cork families with 11 members! They weighed in at seven pounds, with



an impressive 31 fish. The second place winners were the Ward family with two proud members on their team. In third place was the Trainor family, presenting eight fish which weighed in at two and a half pounds.

An exceptional effort was put in by Taeryn, Ethan and Josh as well. To the nameless family who boldly admitted to being skunked of rock bass, we would like to give you a solid A for effort and a see you next year!

Congratulations to you all! Thank you all for your support, we look forward to seeing you again in 2017!

> Submitted by Georgia Kennedy **Rock Bass Volunteer**



Finding empowerment in end of life planning

by JENN WATT

Editor

Talking about death can be like turning a rusty wheel – it's hard work getting started, but once in motion, things get easier, says Yvonne Heath.

The longtime nurse and author of *Love Your Life to Death* wants to change the way we think about death and dying through open discussion and planning in advance.

Way in advance.

"The truth of it is, none of us know when we're going to die," says the mother of three. "I've done my end of life plan, so when that does happen, my family can ... get to the grieving."

An end of life plan isn't just about such obvious decisions as cremation or burial, but other pieces that could ease stress for family members left behind: organ donation wishes; a list of people to be notified; dividing property; writing notes to loved ones expressing your feelings towards them.

Heath is scheduled to speak in Minden and Haliburton on Friday, Sept. 16, in two events sponsored by Haliburton Highlands Health Services.

Through her 27 years of nursing, Heath says she saw plenty of pain, suffering and death, but that not all death came with the same amount of suffering. Often, this had to do with how honest all the players were being with one another. And that's not just within the family.

Doctors and nurses can also have problems with breaking bad news to patients.

"I've been present at end of life when people are well prepared and they said, you know what? This is happening and all of my arrangements are done and now we're going to support each other," she says.

"I've been present when people are pretending it's not happening – the denial of death – and the suffering is excruciating"

Planning ahead for death means when illness or a medical emergency happens, the people involved don't need to be further burdened.

Heath worked for 13 years in chemotherapy and says when someone is facing cancer, the last thing he or she wants to do is talk about planning for death.

"The time when you get a diagnosis or you're going through chemotherapy is not the time to talk about end of life because you're already grieving and maybe you don't feel well and you're getting these treatments and you're holding on to the hope for cure. This is not the time to talk about it," she says.

For her book, published last September, the Port Sydney based author interviewed people ages 11 to 102 about experiences with grief and death. Their stories are peppered throughout the book, which offers up practical advice on



I tell people that grief shows no mercy. It arrives unnannounced, uninvited, does not care what else you're going through.

— YVONNE HEATH



planning for death and living life fully.

Thinking about death can also mean talking about what makes life worth living; regrets can be corrected, travel plans can be concocted, the best parts of life can be brought to the fore.

Our society has slowly morphed over the decades and centuries to eliminate death from the process of life, Heath writes in her book. Through the evolution of Western society, the frail elderly are more likely to live in long-term care homes, the aging and dying process removed from daily sight. Those with terminal illness are more likely to die in a hospital than in the home. Again, the dying process is relegated to the medical profession to take care of.

A side effect of this change is that we are less comfortable with death, Heath says, and less prepared for its arrival.

Aside from creating an end of life plan, we can also better prepare for the grieving process.

"I talk about having a post," Heath says. "Your post is that internal something you can hang onto in times of despair that's there for you no matter what."

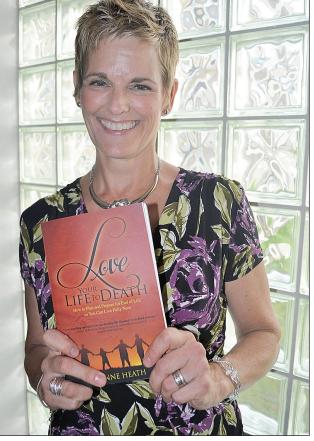
For some, that post is faith. For others, it may be music, meditation or a personal spiritual path – "something that can create a soft landing for yourself when you're grieving," she says

Our uneasiness with death can also mean a difficulty with comforting those who are ill, or those in the throes of grief. It's so common that the author says she sometimes gives talks titled "I don't know what to say."

When people become trapped by this fear, it can mean that they do nothing at all.

"Just show up," says Heath.

"I tell people that grief shows no mercy. It arrives unannounced, uninvited, does not care what else you're going through. It does not care if you've had enough. Also, the rest of the world doesn't stop. If you have someone at home dying, the dog still has to go out, the garbage still has to go out,



Yvonne Heath, author of Love Your Life to Death, will be coming to Minden and Haliburton for two talks on Sept. 16. Heath is a former nurse and will be speaking about how planning end of life decisions when we're healthy makes the death and grieving processes easier when it counts. ANGELICA INGRAM Staff

you need food. The rest of life carries on. We need to learn how to show up for each other."

Heath's talk, Love Your Life to Death, is free to attend. She will be speaking Friday, Sept. 16, at 10 a.m. at Hyland Crest auditorium in Minden. The 60-minute presentation will be followed by an open discussion and book signing. For more information or reserve your seat email Brigitte Gebauer at bgebauer@hhhs.ca or call 705-457-2941.

(Heath will also be speaking in Haliburton on Sept. 16 at 2 p.m. at the Haliburton Highlands Museum. That talk is also

Copies of *Love Your Life to Death* can be purchased from Master's Book Store in Haliburton or Organic Times in Minden or at the event. For more on Heath, her book and other resources, go to www.loveyourlifetodeath.com.





Pamela Walker holds creations made by

New business creates colourful and unique pieces

by ANGELICA INGRAM

Times Staff

After 30 years working in the accounting industry, Pamela Walker was ready for a

A resident of Haliburton for the past 14 years, Walker wanted to get into a more creative career, highlighting her artistic abilities.

So she enrolled in a four-day course in Colorado where she learned how to make unique creations out of epoxy.

Now the Algonquin Highlands resident has launched Epoxicating Designs, a business that specializes in custom coatings.

"I was looking for a way to redo my own countertop and stumbled into this site and fell in love with the product," said Walker. "I was amazed at what they could do with it and I just wanted to tap into my artistic side."

Walker creates epoxy coatings that can be put on top of almost anything, from countertops, flooring, tables and much more. She adds colours, metallics, glitter, or whatever the client wants. Each design is custom and one of a kind.

"It's really limitless, whatever your imagination can come up with," she said.

The result is a marbleized, colourful effect with rich 3D hues and eye catching appeal.

Walker says the coatings are non-toxic, stain and scratch resistant, UV resistant and can withstand temperatures of up to 500 degrees Fahrenheit. It is also easy to maintain.

The epoxy coating is a cheaper alternative and much cleaner way to replace a counter, floor, cabinets or whatever it is you would like freshened up, said Walker.

The process only takes a few days and is done on site. Walker encourages interested



her new business, **Epoxicating Designs,** which features custom coatings for counters, floors and more. The designs, seen left and right, can cover almost any surface and offer an inexpensive alternative to replacing a surface. ANGELICA INGRAM

clients to call her for more information or for

Originally from the Bobcaygeon/Fenelon Falls area, Walker has been showcasing her work at the Maynooth Farmers' Market and is hoping to gain more exposure in the area.

The career change has been a positive one for Walker and she has been receiving good word of mouth thus far.

"I wake up in the morning and go, ah, I can't wait to go out and do this," she said. "It's a very unique product."

For more information on the business visit www.epoxicatingdesigns.com or contact Walker at 705-754-5407 or by email at epoxicating.designs@gmail.com.



serving Haliburton County. Experience Counts.







South Lake corn roast brings people together

The corn roast – one of two great lake events each summer, is a fun afternoon for cottagers, residents and guests of South Lake – games and prizes for the little and big ones, some draws, a penny auction table with terrific donated items, many which include handcrafted treasures to bid on and a chance to get to know your neighbours! The egg toss, always a popular event, demonstrates showmanship and agility skills of participants alike. No egg scrapers needed!

Submitted by Pat Donaldson and Gayle Rowett, president of South Lake Association of Cottagers and Residents











The Stanhope Airport played host to a pair of CH-147F Chinook helicopters for a military exercise on Friday, Sept. 2 in Algonquin Highlands. The two aircraft (which are mainly used for the transport of troops, artillery, equipment and fuel, are part of 450 Tactical Helicopter Squadron) used the airport to land for a few minutes and then took off. They are based at Canadian Forces Base, Petawawa and report to 1 Wing Kingston. According to the RCAF website, the helicopters, which are powered by two Honeywell engines, have a shaft horsepower of 4,733 and are capable of a maximum speed of 315 kilometres an hour, a range of 1,100 kilometres and a maximum gross weight capability of 24,494 kilograms. They measure 5.77 metres in height and 15.9 metres in (fuselage) length (about the same length as a semi-trailer transport truck) with rotors that have a span of 18.28 metres. /DARREN LUM Staff



A CH-147F Chinook helicopter leaves the Stanhope Airport, as part of a military exercise on Friday, Sept. 2 in Algonquin Highlands. There were two aircraft, which are mainly used for the transport of troops, artillery, equipment and fuel. that landed at the airport, staying for a few minutes before taking off.



Military stops by **Stanhope Airport**

A CH-147F Chinook helicopter lands, kicking up dirt from its rotors, which are capable of producing close to 70 knots of downward force, at the Stanhope Airport during a military exercise on Friday, Sept. 2 in Algonquin Highlands.







Michelle Weiler, right, was named Fair Ambassador and Annabelle Cloutier Austin Junior Fair Ambassador during a ceremony at the Kinmount Fair Sept. 2. Photos by Chad Ingram



Kinmount Fair doesn't disappoint

These kids were having a killer time at the midway at the Kinmount Fair Sept. 2. The popular annual Labour Day event included rides, games, food vendors, entertainment, agricultural attractions and more.



Birthday Game.



Trying to win a teddy bear at the There were lots of interesting culinary treats to try, such as these Kettle Curls.



The Cannon Ball is for the brave.



Eyeing his visitors.



Some ornate roosters and chickens were on display.



Going hand-free on the Tornado.

Road improvements would cost \$4 million

by CHAD INGRAM

Times Staff

It would cost approximately \$4 million to bring Bear Lake Road up to standard where it could be maintained throughout

That's according to an estimate from engineering firm AECOM, which was received by Algonquin Highlands councillors during their Sept. 1 meeting.

For years, residents of Bear Lake Road have been requesting the township maintain the municipally owned road on a year-round basis.

The seasonal road does not meet requirements for winter maintenance and would require the reconstruction of a 6.5-kilometre portion to make it passable for snow plows.

According to the report from AECOM, that reconstruction would require the excavation of earth and rock, significant surface treatment and the installation of culverts, among oth-

With taxes, the total estimated price tag is \$4.1 million.

"The estimate was established without the advantage of any field surveys except for a drive-through," the AECOM report reads. "The final quantities will not be known until

field surveys are obtained and a design is prepared. The final cost of the work will not be known until it is tendered out to private contractors. The estimate is therefore our best assessment at this time. The unit prices used are consistent with those experienced at this time on similar work in the area."

In the past, council has proposed a local improvement agreement, whereby the property owners who would benefit from the road improvements would collectively pay for them, after which the township would assume winter maintenance of the road.

According to the AECOM report, estimating there are 120 property owners who'd benefit from the project, the cost would work out to more than \$34,000 per property.

"To me, this is the end, for me," said Reeve Carol Moffatt. "We did what we said we were going to do."

Moffatt noted that property owners in the past have said they were not interested in the concept of a local improve-

Seventy-five per cent of them would have to agree to the terms of an agreement for it to be enforced.

Councillor Brian Lynch thought the scope of the work in the report was more than required.

"I don't believe we have to do all these things to make it safe to plow it," Lynch said.

"How does any member of council have the expertise to make that call?" Moffatt replied.

"I'm sure there are hazards on other roads," Lynch said. The AECOM report does suggest that if the work was performed by the township as municipal project, there would be

a cost savings. "The HST has been included in our estimate," the report

reads. "As a municipal project, the township can recover a percentage of that amount. If this was rolled back to the benefitting owners, the cost to each would be reduced by about

Deputy-reeve Liz Danielsen noted this difference in cost estimation.

"Are there two standards?" Danielsen asked. "That's what I'd like to know."

Council decided to request more information on why the cost would be lowered if the work was taken on as a municipal project.



Keep track of what's happening in Minden on Instagram

@MindenTimes

Huge dip in property assessment on four AH lakes

by CHAD INGRAM

Times Staff

Property owners on four lakes in Algonquin Highlands will see the assessed value of their properties drop substantially in the current round of assessment by the Municipal Property Assessment Corporation (MPAC).

Assessment notices for residential properties started going out in July and farm, multi-residential and business notices will be issued in October. The assessed values will be effective for the tax years 2017 through 2020.

Nathan Martin of MPAC made a presentation to Algonquin Highlands councillors during their Sept. 1 meeting.

In the township, Martin said properties will appreciate at a value of approximately 1.7 per cent per year over four years. The average non-waterfront property in Algonquin Highlands is valued at \$191,000, the average waterfront property

As part of the current round of assessment, MPAC has been readjusting the values of some properties that were essentially overvalued, bringing them into line with similar properties in neighbouring areas.

"There's some lakes that have come down," Martin said.

While most waterfront properties were up in value between two and four per cent, residents of Bear Lake, Lower Fletcher Lake, McFadden lake and Clinto Lake will the assessed value of their properties fall by up to 25 per cent.

Martin said the "big five" factors in property assessment are location, lot dimension, living area, the age of the property (adjusted for major renovations or additions) and quality of construction. These five factors comprise 85 per cent of the assessed value.

Other factors, such as the number of bathrooms, whether a residence is air-conditioned, whether it has a corner lot, etc., comprise the other 15 per cent.

Residential property owners have 120 days from the time their notice is issued to make any requests for reconsideration.

Ontario residents can learn more about their properties and the assessment process – as well as do comparative analyses with neighbouring properties – by logging onto aboutmyprop-

Deep Bay Road \$239,000



- » 3 Bdrm home with a picket fence! » Finished family room, Windows, Flooring & Roof have been replaced
- Renovated bathroom, including Whirlpool tub.

Kernohan Farm Trail \$274,900 Guildcrest 2+1



- bedroom / 2 bathroom Open concept home with main floor laundry
- » Close to Minden and all amenities

Cedar Lake - \$355,000



- 2+1 Bedrooms, 2 **Bathrooms**
- R2000 Year round Cottage or Home with Detached Garage
- » Above ground pool, plus many more features to see

Gull River - \$299,000



- Gull river property, just a stones throw to Gull lake.
- All buildings on the property are original and require
- Two separate 60' lots being sold

Vintage Crescent - \$219,000



- 3+2 bedroom/2
- » Large private lot » Close to all amenities

Milburn Road - \$89,000



- 4 Season Property on 1.15 acres
- Close to the Rail Trail and swimming 2 bedroooms/ 1

bathroom

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Don't keep me a secret!





Local golfers Robert Pearce, left, and Jere Pike show their gold medals after winning their respective age categories in Callaway golf at the 55 plus Ontario Senior Games Association provincial summer games from Aug. 9 to 11 in Midland. The Algonquin Highlands residents will be eligible to compete at nationals in two years, representing District 11 (Haliburton and Muskoka).

DARREN LUM Staff

Passion for the game shines golden

by DARREN LUM

Times Staff

It's all about the attitude – or a lack thereof – for success in golf, say two gold medal winning senior athletes.

That was at the heart of how Algonquin Highlands golfers Jere Pike and Robert Pearce won their respective age categories in Callaway golf for District 11 (Haliburton/Muskoka) at the 55 plus Ontario Senior Games Association provincial summer games from Aug. 9 to 11 in Midland.

Their success was also rooted in their ability to execute and remain on form, making sure to not get bogged down in what should have been, but rather to stay in the moment and not get ahead of themselves by thinking of the score.

Pike didn't even know his victory for 75 plus was by the narrowest of margins, beating the second place finisher from District 2A (Timmins/Temiskaming) by one stroke and three over the third place finisher from a field of 15 golfers until the *Times* interviewed him.

-Newspaper Carriers-Wanted In Minden

County Life is looking for carriers to deliver the newspaper door to door in Minden each Thursday. Routes generally take 1-2 hours of your time each week. It's a great way to earn some extra cash and get some exercise. If you are interested please email Doug Rowe at **drowe@lpcmedia.ca** or call 705-286-1288





This wasn't Pike's first rodeo, being a repeat provincial gold medallist in the same event in Windsor in 2014.

"The first time is always bit of a thrill, but to do it again is extra special," he said.

Winning is fulfilling, but it's the entire experience, seeing the other athletes and being able to meet people from all over the province, that he enjoyed most.

"I just like going to it. If it turns out that you get a medal then it is all the more satisfying of course," he said.

His district teammate, Pearce of Boshkung Lake, characterized the opening ceremonies with Pike and other athletes from District 11 that included the introduction of dignitaries by a bagpiper similar to the pomp and circumstance as the Tim Hortons Brier.

Sixty-six-year-old Pearce, an OSGA provincial rookie, credits his friend Pike with having a calming effect.

"I was lucky to have roomed with Jere. He's an old hand at this. A previous gold medal winner," he said. He adds Pike provided him with insight, which took away any uncertainty about the process.

The golf tournament was held at two locations in Midland. The first day was at Midland Golf and Country Club and the second day was at the Brooklea Golf and Country Club.

Although he thought the Midland golf course was a "little more challenging" than the other course, Pearce was able to shoot a field leading 71 in the opening round in the field of 20 golfers on the first day there. He prepared by going to the course two weeks before the competition, which made the difference. The Boshkung cottager, who winters in Oakville, enjoyed the experience of the games as much as the satisfaction in being able to win his plus 65 age group.

His road to gold started this past year when he won his district in Minden at the Blairhampton Golf Club.

This was the first year he competed in any event for the OSGA after his golfing buddies encouraged him, as they were competing at the district level (to earn the chance to compete at provincials).

Several decades have passed since he got his first set of hickory shafted golf clubs at six. They were cut down to fit him since they were his father's.

Although the two led the way with their golden performances, district teammate Harold McInerney had a solid fourth place finish, shooting 148 for a two-day total, which was just six shots back from the winner in the 55 plus age category.

With the gold, Pike and Pearce are eligible to represent the province and their district at the nationals in two years in St. John, N.B. They both plan to compete. Pearce has added incentive because his sister lives in the province and he has a niece with a newborn.

This will be Pike's second trip to the nationals, which he returned from after competing in Brampton from Aug. 16 to 19 at Lion Head Golf and Conference Centre. His finish result, he said, wasn't notable, but the value of the experience is in the people he got to meet and the spectacle of the whole thing. He points out unlike the provincials where there are age categories, the nationals is organized so the field includes everyone 55 plus and up.

Pike said luck has been part of his journey and he encourages others to try theirs, particularly the district events where competitors are chosen.

"I've been fortunate. Let's put it this way. A lot of people think that, 'Oh, boy. You go to the [provincials] then you go to the [nationals]. You must be a fabulous golfer.' Well, that's not really the case. The system that is employed is fair to everybody. I've been fortunate to come out on top a couple of times, but not everybody will go into the initial tournament therefore they wouldn't have the chance to go to the [provincials]," he said.

This past year the pair and a few others have occasionally got together to golf in the county and outside.

There is a standing game available.

Pearce said he will make efforts to play up to three times a week, calling Blairhampton his "home course."

Pike, who turns 75 this month, has a passion for golf and for life.

"I just love the game. I'm fortunate enough to play it. When you get to my age whatever happens, happens," he said.

Girl Guides registration coming County card

AROUNDTHE TOWN

Patti Fleury 705-488-2938 brucefleury1@hotmail.com

Here at the old farmhouse all hearts are filled with deep sadness for our beautiful yellow lab "Taffy" died Sunday evening. Almost 12 years old she has been a beloved member of tbis family since age two. I am simply too sad to write about her today but perhaps by next column will be able to share her story. With Clarence the elder cat and Taffy both gone within three weeks the Connemara household staff has been reduced to one young tuxedo cat "Jake" formerly known as "Mittens."

This year's Kinmount Fair was blessed with incredible weather. Many activities will resume including Playschool every Tuesday and Thursday morning from 10 a.m. to noon at the Kinmount Community Centre. There is no fee for the Playschool program and for more details call Lixz at 705-488-3085. For school age girls on Monday, Sept. 26 registration will open for Girl Guides of Canada at 6:30 p.m. in the Kinmount Community Centre. That evening the girls will be making scarecrows to decorate the town for Thanksgiving and Harvest Homecoming. For more information give Lynne a call at 705-488-2919.

Taoist Tai Chi classes continue at the Galway Hall on Monday and Thursday mornings from 10 a.m. to noon. Highland Dancing sessions are held on Tuesdays at the Kinmount Community Centre and the contact number is 705-455-7340.

The Friends of the Library's monthly book sale comes up on Saturday, Sept. 17 from 9 a.m. to 1 p.m. on the lower level of the Kinmount Branch. Great bargains await with purchase by donation. At the Legion Branch 441 Kinmount the next Big Bucks Bid Euchre is on Wednesday, Sept. 21 starting at 11 a.m. The \$10 cost includes lunch. Legion Week will run from Sept. 18 to 23 and for more information about special events during that week call the Branch at 705-488-3462 or check out the Facebook page. The monthly liver and onions lunch will be held on Tuesday, Sept. 27 from 11 a.m. to 1 p.m. For a cost of only \$8 diners can enjoy a lunch of liver and onions or alternative entree plus dessert and beverage. Newcomers and non-members are welcome to join in the mixed dart league and Sunday cards both to start up again soon for the fall and winter season with the regular Friday night bingo resuming this week on Sept. 9.

Friends of the Galway will hold its Autumnal Equinox Meeting on Friday, Sept. 16 at 7 p.m. in the Galway Hall. Guy Scott will be speaking about the new book Where Duty Leads which chronicles the story of the 109th Battalion in the First World War. As well attendees are encouraged to bring photos and stories about their family members who served during the First or Second World Wars. For those interested in ancestry the Planning and Economic Development Committee has joined with the Greater Harvey Historical Society to establish a historical centre, archives and genealogical research centre in the former blacksmith shop at the Railway Station.

Until next week remember to keep busy and well. They go together....

scores

by Patti Fleury ~ 488-2938 ~ brucefleury1@hotmail.com Please note that two Monday events were not held this Labour Day holiday.

August 29 contract bridge at Stanhope: Making this week's honours list were Vange Croucher 7,130, Barry Cowling 4,850, Sally Cole 4,760 and Pat Hannah 4,380 with Sandy McKay awarded the Lucky Loonie.

August 30 contract bridge at Minden United Church: Nancy Ballantyne reports that Tom Needham took top marks with 5,760 then Gerald Bergin 4,910 and Glenna Bayliss 4,380 with Glenna while Catherine Kellett teamed up for a Small Slam.

August 30 Minden Seniors bid euchre at Minden Legion: Leading ladies were Pauline Young 274, Clare Obdam 272, Georgina Parkes 237 and Vi Howell 229. First for the gents at 327 was Albert Foster followed by Marcel Roussel 325, Ron Morrison 265 and Wayne Jones 260. Betty Wagar further reports that Pat Norman won the major draw with Bev Johnson, Dwaine Lloyd and Al McMullen claiming the smaller prizes while single moonshots landed on Ida Young, Theresa Deak and Clare Obdam with John Kerr taking two and Albert Foster a hat trick.

August 30 euchre at Lochlin Community Centre: Holding the most lone hands was Donna Darby with our reporter Nancy McPherson high lady and Helen Burk low. Representing the gents Betty Hicks was high and Neil Darby low while Helen Burk also claimed the special prize.

August 31 duplicate bridge at Parklane, Haliburton: North/ South leaders were Judy Neimann and Rolly Forbert 66 percent, Jackie Metcalf partnered with Bruce Armstrong 63 percent and John and Jean Collins 57 percent. Over in East/West Milton and Shirley Barry were first at 56 percent then Ross Davies and Rod Smyth also at 56 percent. Completing the top trio were Suzanne Chiasson partnered with David [apologies- I did not write down the last name] 55 percent.

Sept. 1 euchre at Minden Legion: Most lone hand honours went to Jan Hueson and Tom Bagshaw with Reg Coulter and Doug McIntosh posting the high scores. The evening's lows were recorded by Joan Mann and Lance Payne while Jason Peacock, Betty Wagar, Alan Arbuthnot and Jan Hueson took home the other prizes. Thanks to Tom Grix for this update.

Sept. 1 bid euchre at Minden Community Centre: At 252 Jan Hueson topped the charts for the ladies followed by Maria Tschida 237, Pearl Cowen 225 and Pat Roussel 222. First representing the gents at 279 was Karen Chapman then Pat Scadden 249, Kevin Maloney 230 and Pauline Franzen 215. Pearl Cowen held the hidden score, Dwaine Lloyd won the card draw while our reporter Bev Johnson took call 1. The four moonshots struck Maria Tschida, Ron Morrison, Archie Ross and Pat Roussel.

Sept. 2 duplicate bridge at Echo Hills, Haliburton: Leading in North/South were Vange Croucher and Art Steed 59 percent followed closely by Helen Baker and Ross Fletcher 58 percent with Muriel McIntosh teamed with Ross Davies third at 55 percent. At 63 percent Dave Robinson partnered with Dave Willis took top marks at 63 percent then Jack and Willie Cox 55 percent and Fran and Norm Smith 53 percent. Thanks to our bridge reporter for three events Margo Davidson for these updates.

Sept. 5 euchre at Staanworth Terrace, Minden: Winning for high hands was our reporter Sherin Brown and for both most lone hands and the special prize Warren Hueson while Eileen Shepstone claimed the prize for low hands.

Get smoking out of the movies

Local residents are being encouraged to fight Hollywood's "smoke screen" by ensuring movies rated for Ontario children and teenagers do not show tobacco products and smoking images. The Haliburton, Kawartha, Pine Ridge District Health Unit is joining with other Ontario health units and the Ontario Lung Association to promote the #SmokeFreeMovies campaign, just days before the start of the Toronto International Film Festival. TIFF is one the most celebrated festivals of its kind in the world, drawing many high-profile movie stars and film producers to Ontario.

"When young people see smoking in movies, they are more likely to start using tobacco products themselves," says Karen Taylor, a public health nurse with the HKPR District Health Unit. "Because movies have so much influence, it's important that they be made smoke-free.

Locally, the health unit is promoting the smoke-free movies message by placing posters in Haliburton County, City of Kawartha Lakes and Northumberland County. Grassroots activities are planned with youth volunteers in the City of Kawartha Lakes. These will be advertised on www.hkpr.on.ca. The health unit is also encouraging local parents and caregivers to visit the #SmokeFreeMovies website (www.smokefreemovies.ca). On that site, people are asked to lobby provincial politicians for a stronger film rating system that would deter smoking from being shown in movies aimed at young people.

According to Taylor, tobacco companies have a long, documented history of paying Hollywood actors, actresses and movie producers to have their products and brands appear in movies. "It pays off for tobacco companies because smoking in films makes the practice more appealing to young moviegoers," she notes.

Based on research conducted for the #SmokeFreeMovies campaign, smoking appears in many movies in Ontario rated for youth (including G, PG, and 14A). In 2013 alone, 86 per cent of movies that depicted smoking were rated as being OK for Ontario youth to see.

The Ontario Film Review Board (OFRB) provides ratings on all movies shown in the province. Taylor and other supporters of the #SmokeFreeMovies campaign want the OFRB to add an automatic 18A rating on any film that contains smoking. An 18A rating means no one under 18 years of age can see the movie, unless accompanied by an

"If the Ontario Film Review Board considers language, nudity, violence, sexual activity, horror and psychological impact when assigning ratings to movies, why not do the same for tobacco and smoking?" Taylor asks.

Submitted



UPCOMING

Community **Events**

Community Applesauce Project

Have lots of apples? Donate to one of these locations! SIRCH Central, 2 Victoria St.

Sept. 8, 9 a.m. to 1 p.m.

Sept. 9, 1 p.m. to 4 p.m.

Sept. 12, 8 a.m. to 11 a.m.

Or HKPR Health Unit, 191 Highland St.

Daily 8:30 a.m. to 4:30 p.m. (before Sept. 12)

Help us make the apple sauce! Monday, Sept. 12,

To volunteer please call: Alisha Lafleur 705-457-1742 ex.

Do you control money or does money control you?

Join us on Thursday evenings for a 10-week course When: Starting Thursday, Sept. 8 7 p.m. Where: Lighthouse Church, 12 Dysart Ave., Haliburton No charge. To register or for information: 705-455-9195 or 705-457-7263

HALIBURTON: Sexual Health Clinic

When: Wednesday, Sept. 14, 10:30 a.m. to noon The clinic provides clients with confidential access to cervical screening, low-cost birth control, pregnancy testing and sexual health teaching. Testing and treatment of sexually transmitted infections are also provided. For more information, locations or to make an appointment, call the health unit at 1-866-888-4577, ext. 2205.

West Guilford School Reunion

When: Sept. 17 from 1 to 4 p.m.

Where: West Guilford Community Centre Anyone welcome from all schools in West Guilford

Zion United Church, 125 years Serving Others

When: Saturday, Sept. 17, dinner at 5:30 p.m. Where: Zion United Church, Carnarvon Dinner followed by entertainment Cost: \$15, for tickets call 705-286-5096

7th Annual Fall Fundraiser for the Highlands Community Pregnancy Care Centre

When: Saturday, Sept. 17, 7 p.m.

Where: Haliburton United Church

Featuring The Gallaghers (www.thegallaghers.ca). For more information please call: 705-457-4673

Zion United Church, Special Anniversary Service

When: Sunday, Sept. 18, 9 a.m.

Guest Speaker: Maxine Reid, music by Zion Choir Followed by refreshments. Everyone welcome!

Open House at the Highlands Community Pregnancy Care Centre

When: Sunday, Sept. 18, 2 to 4 p.m. Where: 187 Highland Street, Haliburton.

Come tour our newly expanded Centre and enjoy some refreshments with the board and volunteers.

Friends of the Haliburton County Public **Library Lunch & Learn with Janet Heffer**

Madagascar: Evolution Gone Wild

When: Wednesday, Sept. 21, 12 p.m. buffet lunch, 1 p.m. presentation

Where: The Community Room (beside Sears on Hwy

Price: \$20/per (cash or cheques only)

Tickets available: Call Rozanne at 705-286-1071 (tickets sales end Sept. 18)

HALIBURTON COUNTY: STOP (Smoking Treatment for Ontario Patients) Program

When: Wednesday, Sept. 21, 3 p.m.

STOP Program supports smokers trying to guit by providing them with five weeks of nicotine patches at no cost. Smokers will also get educational material and other resources to help them in the quitting process. To see if you are eligible, call the health unit at 1-866-888-4577 or 705-457-1391.

Local dragon boat team wins award in Barrie

by ANGELICA INGRAM

Times Staff

It was a successful outing for the Haliburton Highlands Paddlers when the dragon boat team headed to Barrie to compete in the annual Barrie Dragon Boat Festival at the end of

The team finished second in the iron division, finishing with their best time ever of one minute, 20 seconds for a 300

Aside from the top three finish, the team also took home the rookie of the year award, given to the best among the new teams competing.

There was lots of competition as 55 boats were entered in the festival, said team spokesperson and member Joannie

"Lots of young people, lots of muscle," she said. "The president of our club says we're a small team but we're certainly

The president of the team is Ellie Armstrong, who said the Haliburton paddlers were up against some stiff competition.

"It was a large field of 55 teams, many were young enough to be our grandchildren."

Twenty members of the team competed at the festival, with 18 women and two men in the boat. The race took place on Lake Simcoe, marking the first time the team competed on a

"We had a tippy second race," said Ransberry. "One boat capsized."

The Haliburton Highlands Paddlers have been paddling for three years and have multiple practices a week.

This was not the first competition for the local team, as the paddlers have been involved in a number of races, said Ransberry.

"It's the fourth time we've come home and been in the top three," she said.

As part of competing in the festival, the team raised \$1,600 for local organization Point in Time, said Ransberry.

The team plans on competing in Barrie again next year.

The Haliburton Highlands Paddlers are always seeking new members and are hosting an open house in January.

The change is happening

wasn't just a few weeks ago. There's a cool crispness in the air. There are many mixed emotions at this time of the year; it feels like a beginning, yet there's sadness as the days get

For those of us beyond the "going back to school" age there is still an excitement that is felt. The newness is inspiring. This is a great time of the year to set health improving goals.

Let's think about this for a moment. Since what seems to be the beginning of time, January has been when we set those New Year's resolutions. Seems to me that there couldn't be a worse time. It's cold outside, the days are short...and dark. And, there's snow that's hard to move around in when it piles up. To top it all off, we're working against our biological

programming that tells us to hibernate (eats lots and curl up somewhere to stay warm). January is the worst time of the

The change is happening. It's dark in the morning, when it year to get active and it's also the worse time to cut back on calories! It's like deciding to climb Mount Everest tomorrow. Of course, that is an exaggeration, but it does make a point.

"Life starts all over again when it gets crisp in the fall."

- F. Scott Fitzgerald

Now is the time to get moving. It's a great time to establish a new habit or two. There is still enough daylight to be outside. The heat of the summer is giving way to the coolness of the fall without the numbing chill of winter. And you're ready. Take advantage of that feeling. Decide now that you're going to establish a habit that will carry you right through December's holiday season because it will be another part of your routine.

Walking can become jogging. Jogging can become running. Running can turn into cross-country skiing when the snow comes. Fitness builds on

itself. It really is that simple. One step at a time. Starting now.

Something to think about.

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Notices



QUOTATION ADVERTISEMENT CONTRACT No. 2016-5-d

VARIOUS RENOVATIONS TO COUNTY OF HALIBURTON'S **ADMINISTRATIVE BUILDING**

SCOPE OF WORK:

Without limiting the generality of this Contract, the work comprising this Contract consists of, but is not necessarily limited to modifications to a portion of the first floor to allow for a more public friendly atmosphere and modifications to the second floor to allow for more ease of movement through a corridor and greater accessibility of the washrooms. Please refer to the Request for Quotation for full details.

> TO RECEIVE A COPY OF THE REQUEST FOR **QUOTATION** Please contact:

Pam Weiss, Admin. Assistant, prior to Sept. 12 2016 at 4:30 p.m.

(705)-286-1762 X 225 or Email: pweiss@county.haliburton.on.ca

Laurie Sweig is a certified personal trainer and spinning instructor. She is one of the founders of Ottawa's The Point for Fitness.

Junior book of the month

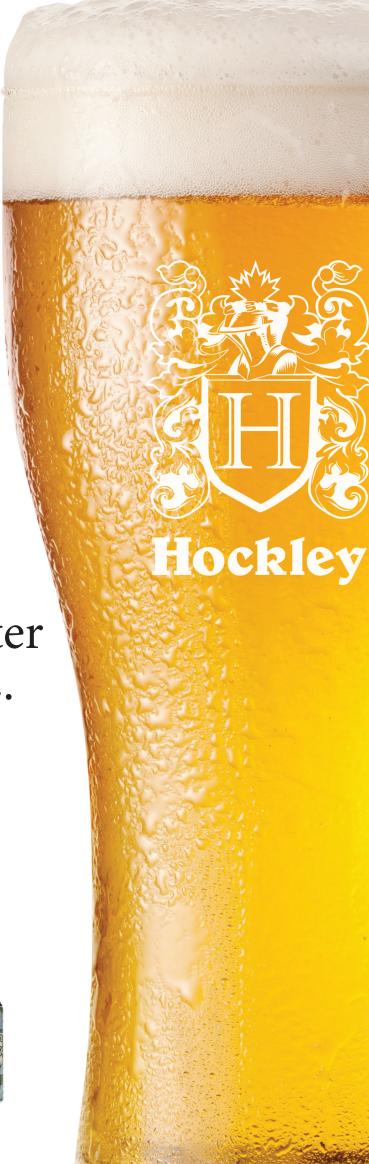
Lucy and Company by Marianne Dubuc

Whether looking for a great spot to have her snack, on the search for treasure, or trying to care for some mysterious eggs, Lucy has a knack for finding friends and adventure in her own backyard. Along with her friends Marcel the mouse, Henry the hare, Dot the turtle and Adrian the snail, Lucy finds plenty of fun and surprises in her everyday life.

Written and illustrated by Canadian author Marianne Dubuc, Lucy and Company is available to reserve at the Haliburton County Public Library.

Library News

Join the Friends of the Haliburton County Public Library for their Lunch and Learn on Sept. 21 at 12 p.m. at the Community Room in Haliburton. Their special guest will be Janet Heffer talking about Madagascar. Tickets available until Sept. 18, visit fohcpl.wordpress.com for more details.



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'At Capacity' – What does it mean? Is your lake 'At Capacity?'

1. What does the term 'at capacity' mean?

When a lake is determined to be at capacity in a biological sense, it means that any development which has the potential to add additional phosphorous or other nutrients, directly or indirectly, into the lake will not be permitted within 300 metres of the lake.

2. How is a lake determined to be 'at capacity'?

There is science behind this designation based upon lake trout biology and life history patterns. Lake trout are a very temperature and oxygen sensitive species. In addition, juvenile lake trout need to be able to escape their parents or else end up on the menu. To do this, the juveniles inhabit the deeper, colder waters of a lake, generally below 28 metres whereas the adults inhabit the upper levels, typically with water in a temperature range from eight to 12°C. When nutrients increase in a lake, plant and algae production increases. The decomposition of plants and algae uses up oxygen and thus places significant stresses on lake trout particularly in late summer and beyond. It has been determined that the average oxygen level of water below the thermocline (see definition at end of story) should be above seven parts per million (ppm) in order for lake trout to adequately carry out their life

To determine oxygen levels, the lake is sampled in early September. A temperature/oxygen profile is taken for the entire depth of the lake and the average oxygen level is determined for the waters below the thermocline. The capacity designation is then based upon whether the oxygen level is above or below seven ppm.

Some lakes have oxygen levels that are very close to seven ppm, either slightly above or below. These lakes are sampled more frequently to try to determine exactly where they might lie as there may be small discrepancies in oxygen levels due to the weather of that year or the sampling equipment. A few lakes show wide fluctuations - one year being way above and the next time way below the seven ppm threshold. These lakes are also sampled more frequently to determine a more

What ministry is responsible?

The MOE (Ministry of Environment) does the calculations and would normally make the call. But sometimes MNR can do it as well.

3. What are the implications for future development on the lake?

If a lake has a reading consistently above seven ppm, then new development can occur. If a lake is consistently below seven ppm, then no new development can take place as described above. However, in some instances, there may be existing approved lots that have not yet been developed. Development of these lots may still occur but no new lots may be created. The exception to this would be if the newly created lot contains a building site greater than 300 metres from the lake or the drainage of the lot is into a different watershed not at capacity.

Thermocline = The mid layer of a lake in which there is the most rapid decrease in water temperature. This is characterized by at least a two degree centigrade drop per metre.

Article provided by Gerry Moraal - MNRF Minden.

To hear more useful information for lake lovers, tune in to Canoe FM to hear Highlands Cottage, a segment with news from cottagers' associations, environmental topics and cottage living tips. It runs Friday at 4:30 p.m., Saturday at 10 a.m. and 3 p.m. and Sunday at 3 p.m.

Article provided by CHA. For more information, resources and tips, go to www.cohpoa.org.

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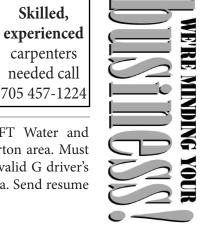
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560 ANNOUNCEMENTS

The Annual General Meeting of Tri-County Community Support Services

will be held on: October 19 2016 at 12:00 noon in the Fireside Room at **Empress Gardens** 131 Charlotte Street,

Peterborough On

For further information please call: 705-876-9245 Ext. 289

460 SERVICES

Registered Retired Nurse available to assist Seniors in their home for meal preparation/ bathing/dressing and shopping. For information call: 613-295-4020 or email

islandviewscene@gmail.com

LTC foot nurse Tracey resuming foot care treatments in Minden and Haliburton sites. Must book appointments by calling 705 745-7987. Looking forward to seeing you soon!

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The Gull Lake Cottagers' Association thanks the following Minden merchants who generously donated items to the raffle held at our Annual Regatta on July 30th and our Rock Bass Derby that was held on August 13th.

Proceeds from the raffleare donated to the Minden HealthcareAuxiliary and the Minden Food Bank.We appréciate working in partnershipwith local businesses for the greater good

Miners' Bay Lodge Summerkiss Restaurant Sassy Digs Stedmans **Home Hardware Country Magic Bwana Johns Up River Trading** Company Riverview Furniture Coneybeare's Minden Pharmasave The Village Chalet

Highlands Studio and

Ink Works

Suwan's Thai Cuisine Valumart Foodland Mark's Restaurant **Organic Times** AO Boat Werks Carey's Garden Centre **Godfather Pizza** Harpers Tim Hortons The River Cone Subway Dairy Queen **Canadian Tire**

540 LESSONS/CLASSES

Acrylic Art Classes. Carole Finn: Qualified Art Teacher: 8 weeks Tuesday afternoons/Evenings: Start Date: Sept. 13: \$275.00 Finn Artists' Center 15 Newcastle St. Minden 705.457.2404

"Music Pups" classes for infants and toddlers. "Music For Young Children" classes for ages 4 years to 9 years. Private Lessons for Piano, Voice, Flute, Guitar. Phone 705-457-5115 or email laurenmc@me.com

560 ANNOUNCEMENTS

The family of Joan & Basle Cooper

invite you to join us at 1405 Kennisis Lake Rd. in West Guilford on September 18th from 2 to 4 PM to celebrate their 63rd Anniversary!

560 ANNOUNCEMENTS

The Food \mathbf{Hub} at Abbey Gardens Is Open 7 Days $m A\,W_{ee}$ k 10am to 6pm Fridays 10am to 10pm







PRHC BOARD OF DIRECTORS MEETINGS

The Peterborough Regional Health Centre Board of Directors meets on the fourth (4th) Wednesday of every month at 6:00 pm in the PRHC board room (W5901)

For specific dates and further information, please visit our website: www.prhc.on.ca

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560 ANNOUNCEMENTS



Has the death of a loved one left you unsure of how you are going to face the future? Do you feel lost, alone, empty? We can help.

"Journey Through Grief." from SIRCH Community Services. is a 10 week program that provides peer support and helps you move forward. Facilitated by experienced, trained facilitators, it is safe and confidential.

> To get more information or register for the fall, please contact Shelley at 705-457-1742 ex 25.

"My weight/burden is lighter. Attending this group has met my hopes for moving on with my life."

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650 OBITUARIES

In Loving Memory of

Bernard "Bernie" Ray Trumbull

(Owner of Bernard Trumbull Haulage Ltd.)

Passed away peacefully at the Peterborough Manor, surrounded by his family on Tuesday, August 30, 2016 at the age of 83.

Beloved husband of the late Betty Helena Trumbull (nee Dennison)(2007). Loving father

of Myles and Sandy of Omemee, Judy of Peterborough and predeceased by his daughter Joannie. Loving grandfather of Tyler (Macey), Jenna (Mark), and predeceased by Breanna. Beloved son of the late Morgan and Edna Trumbull. Survived by his sister Margaret Sawyer, sister-in-law Mary Trumbull, predeceased by his brothers Glenn and Dale, and by brother-in-law Jim Sawyer. Fondly remembered by his many nieces, nephews, family and friends.

Friends are invited to visit the family at the Gordon A. Monk Funeral Home Ltd., 127 Bobcaygeon Rd., P.O. Box 427, Minden K0M 2K0 on Tuesday, September 6, 2016 from 2-4 and 7-9 pm and on Wednesday, September 7, 2016 from 12:00 o'clock noon until the time of the Service to Celebrate Bernie's Life at 1:00 pm. Interment at the Minden Cemetery. Reception will follow back at the Funeral Home in the Monk-Cray Family Centre.

Memorial Donations to the Canadian Cancer Society or to the Minden Health Care Auxiliary would be appreciated by the family.

A Masonic Service for Bernie will be held at the Funeral Home on Tuesday evening at 6:30 pm



www.gordonmonkfuneralhome.com

650 OBITUARIES





Robert MacBrien

(Resident of Algonquin Highlands, Ontario)

On Sunday evening, August 28, 2016 in his 91st year surrounded by his family, Bob journeyed into Eternity to take occupancy of the mansion prepared for him by his Lord & Saviour Jesus Christ. Beloved husband of Ruth MacBrien (nee Donovan) for over 66 years. Loving father of Paul, James, and John, Cathie (John Tripp) and Lois.

Fondly remembered by his eleven grandchildren, fourteen great grandchildren, nieces and nephews. Dear brother of Betty and Gwen. Predeceased by his brother Doug. Bob will be missed by his family, friends and community. Bob owned Bob's TV & Hardware in Minden for over 33 years. He was one of the first Gideons in Canada and was a founding member of Minden Bible Church.

Visitation, Funeral Service & Reception

Friends called at the MINDEN BIBLE CHURCH 177 Bobcaygeon Road Minden, Ontario on Saturday morning, September 3, 2016 from 10 oclock until time of Funeral Service at 11 o'clock. Reception followed in the Church Hall. As expressions of sympathy, donations to the Gideon Bible Society or Minden Bible Church would be appreciated by the family. Funeral arrangements have been entrusted to the HALIBURTON COMMUNITY FUNERAL HOME 13523 Hwy. #118, Haliburton, Ontario (705)457-9209.

www.communityfuneralhomes.com



IN LOVING MEMORY OF BETTY LOUISE GRANT (NEE UPPER), BScN, U of T, 1949

On September 1, 2016, Betty passed away at Hyland Crest, Minden, in her 89th year, in the embrace of her daughter, Joan.

Betty was the cherished wife of the late Dr. William Grant & loving mother of Fraser (Cathryn) of Oshawa, Joan (Norm Thomas) of Minden & Cameron (Rosie Burn) of Australia. Much beloved Grandma of Heather Duque, Sean Grant, Luc Boisvert, Daniel Boisvert, Barnaby Grant & Catherine Grant. Great Grandma of Sam & Jessica Duque.

Betty was a kind and gentle soul with a smile that could light up a room. She was a staunch United Church member, a lover of animals & small children, and in her younger years, she loved to play bridge & chess, swim at our cottage on Mountain Lake, line-dance, ski, garden & go on canoe trips to Algonquin Park with her husband Bill and friends Nancy & Bob Miller.

Cremation has taken place. Family funeral. In remembrance, donations to the Federation of Ontario Naturalists/Nature Ontario (or other charity/organization involved in environmental protection) would be appreciated.



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